

# Anusara Yoga® Immersion 2011

with **Christina Sell & Noah Mazé**

The Anusara Immersion takes you on a journey into the study of Anusara Yoga® (Asana, Philosophy, Pranayama, Meditation). You will meet friends who share in the desire to live from the heart. The Immersion is perfect for those wishing to delve into the mysteries and profound practices of yoga. The Anusara Immersion program is designed for dedicated students of yoga to take their practice and understanding to the next level. This 100-hour program is typically taught in three "parts". It follows Anusara Yoga® founder John Friend's curriculum and is for anyone who wishes to pursue a deeper experience of yoga as well as anyone who is interested in teaching. The immersion is a prerequisite for the Anusara Yoga® Teacher Training.

**May 3 - 7 Immersion I: *Awakening; Step into the Flow of Grace***

**Pre-requisite: A minimum of 3 months/30 hours of Anusara studies**

**Jun 28 - Jul 2 Immersion II: *Yoga, a Path of Sadhana (practice)***

**Pre-requisite: Completion of any Immersion I or 30 hours of Anusara studies**

**Aug 30 - Sep 3 Immersion III: *Empowerment & Transformation***

**Pre-requisite: Completion of any Immersion I and II or 60 hours of Anusara studies**

You will learn:

- Detailed exploration of the Universal Principles of Alignment™
- Tantric Yoga philosophy & history of Yoga
- Anatomy components for a strong & safe practice
- Fundamental pranayama, meditation, journaling & sanskrit
- All asana from Anusara Yoga's® Level I & II Syllabus

***\$1500 Early Bird Special for all three modules (paid in full by May 2)***

***\$650 per module / \$600 Early Bird Special (available 14 days prior to module commencement)***

To register, go to [www.yogaglo.com](http://www.yogaglo.com)

1800 Berkeley Street,  
Santa Monica, CA 90401

**yogaglo**.com  
everyone's yoga®



Christina Sell and Noah Mazé are celebrated in the yoga community as two of the most advanced and proficient practitioners of Anusara® Yoga. They are widely sought out as teachers' teachers. Christina has been teaching for over 10 years and is the author of *Yoga from the Inside Out: Making Peace with Your Body Through Yoga*. Her teaching is clear, insightful and passionate and she is dedicated to helping people of all ages and abilities experience the joy of yoga. Noah grew up steeped in the traditions and practices of yoga and began studying with Anusara Yoga founder, John Friend in 1995. Not long after, he became a devoted student of Tantric scholar, Dr. Douglas Brooks. Noah's teaching is informed by years of anatomical study, successful practice with rehab-

ilitating injured students and his experiential knowledge of the body and its innate healing capacity. Together, Christina and Noah create a powerful, transformative environment. Christina lives in Austin, Texas with her husband, Kelly, their retired greyhound and four cats. Noah lives in Los Angeles with his wife Tracy, their baby Madeleine and four rescued four-leggeds. Both sit on the Anusara® Yoga Curriculum Development Committee and the Anusara® Yoga Certification Assessment Committee. For more information, go to: [www.christinasellyoga.com](http://www.christinasellyoga.com) and [www.noahmazeyoga.com](http://www.noahmazeyoga.com)